

**Are you READY to take the NEXT STEP in your HEALTH and FITNESS journey in 2019?**



*This MMA-inspired, total body workout uses core conditioning combinations, body weight moves and cardio spikes to burn major calories and carve out abs, all without the use of any equipment.*

**Where:** She'Lor School of Dance  
534 Fairground Hill Rd. Butler, Pa

**When:** Thursdays 5pm-6pm  
Saturdays beginning January 5<sup>th</sup> 2019 9am-10am

**Cost:** \$10 CASH drop in  
\$80- 10 class punch card

*\*Beachbody LIVE Certified Instructor: Rochelle Graham*

**CORE  
DE  
FORCE  
LIVE!**